



Signs and Symptoms of Distress Following a Deployment



Deployment Cycle Support Program
Army G-1





Outline

- Purpose
- Terminal & Enabling Learning Objectives
- Introduction
- Signs and Symptoms
- When/Where To Get Help





Introduction

- From the Foxhole to the Front Porch.
- Redeployment/Reunion...sounds easy.
- “Normal” may turn into “Distress”.
- Help is available: Chaplain, Unit Leaders, Friends, Medical personnel, etc.
- Look after yourself AND your Buddy.





Terminal Learning Objective

Participants will be able to identify post-deployment signs and symptoms of distress and whether additional services are required.





Enabling Learning Objectives

- A. Identify 10 signs or symptoms of post-deployment distress.
- B. Identify when to get help.
- C. Identify two sources of help.





Your Body:

Signs and Symptoms (1 of 2)

- Eating changes – Too much or Too little
- Sleeping changes – Too Much or Too little
- Stomach problems – upset stomach, nausea
- Bowel problems – diarrhea or constipation
- Heart/Lung problems – heart pounding, dizzy or lightheaded, out of breath, cold sweat, dry mouth, or pale skin
- Headaches, migraines





Your Body:

Signs and Symptoms (2 of 2)

- Fatigue – no energy, drained
- “Jumpiness”
- Pain in old, healed wounds
- Tension, aches and pains
- Trembling, fumbling things
- Crying spells
- Bad personal hygiene





Your Thinking:

Signs and symptoms (1 of 2)

- Poor concentration
- Difficulty making decisions
- Flashbacks
- Intrusive thoughts of home, family, etc.
- Nightmares





Your Thinking

Signs and Symptoms (2 of 2)

- Loss of motivation
- Loss of trust/confidence in leaders
- Memory problems
- “1000 yard stare” or “spaced out”
- Thoughts of hurting self or others
- Disregard for rules, laws or regulations





Your Feelings: Signs and Symptoms

- Frustrated, irritable, angry
- Worried, anxious, keyed up
- Guilty, ashamed
- Depressed
- Numb (Don't feel anything)





Your Social Life: Signs and Symptoms

- Withdrawn or silent
- Difficulty communicating
- Arguing/ starting fights
- Can't be alone, need to be with/near others





When To Get Help

- **Remember:** These signs and symptoms are usually normal – normal reactions to abnormal situations. Over time, you will adjust and these symptoms will slowly go away.
- **Seek help if the symptoms:**
 - **Interfere with normal duties and/or daily living and continue for more than 6-8 weeks.**
 - **Involves dangerous behavior ie: Thoughts of hurting self or others, reckless drinking, drug use, family violence, etc.**





Other Warning Signs

- Talk of suicide or killing someone else
- Soldiers who lost their job at home (Reservists)
- Soldiers leaving the service (Retirement, ETS)
- Relationship problems
- Drug or Alcohol Problems
- Bizarre or unusual behavior
- Soldiers in trouble (Art-15, UCMJ)
- Soldiers with financial problems





Where To Get Help (1 of 2)

- **In the Unit:**

- Peers
- Supervisor
- Chain of Command
- Chaplain
- Medic and/or Battalion Surgeon

- **On Post:**

- Medical personnel at the clinic or hospital
- Post Chaplains
- Army Community Service personnel
- Alcohol and Substance Abuse Program personnel
- Social Work Services
- Community Health Nurses
- Occupational Therapists
- Dietitians





Where To Get Help (2 of 2)

- **In the Community**

- Medical personnel
- Veterans Administration
- Ministers and clergy
- County and state health department
- County and state social services





Summary and Conclusion

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Questions?